

September 27, 2018

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Here is support for the real truth that is not allowed to be told in court. This is the real truth that many people find hard to believe. Sebastian was made fun of by his last two court appointed attorneys for speaking about this. I'm sure the police made fun of him for it too.

This was the main influence for why Sebastian fell for the trap set up by police pretending to be a 14-year-old girl looking to hook up with grown men on Craigslist. Many people don't understand this and dismiss it as some kind of lame made up excuse. It's very real, and it doesn't matter who believes it or not. In the end, it is the real truth that matters, and it will never stop being what it is. I will always continue to put the real truth out there. The fact that some people (those in the justice system) don't like hearing it is just too bad.

Maybe you can at least begin to understand why people like us think that people that do the things you guys do to others make you evil people. I'm sorry, but that is what we really think. What else are we supposed to think? This has changed our lives forever. I will never stop standing up against this evil that people in this justice system do to take advantage of others for the sole purpose of feeding their own egos. It's wrong, and it needs to stop. You people are not interested in doing the right thing for the right reasons. It's all about playing your dumb games at the cost of other people's lives. You have protected absolutely nobody in all this. All you have done is hurt people for the purpose of feeding your own egos. You are the evil predators that others need to be protected from.

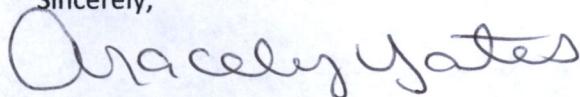
My niece Mia was never even checked on. No one was ever really worried about her at all. I'm sorry, but it really is a very shameless move to want to use that forced made up story to get out of this what you want for your own selfish purpose. Go ahead and use it. In the end, you're only hurting yourself more. The truth always wins.

I'm sorry for being harsh. This whole thing is just so ridiculous and unbelievable. I have been communicating with many people, including people in other states who are going through the same thing. It's just so extremely unbelievable to see how incredibly screwed up our system here is.

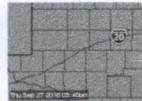
Like I've said, we have nothing to hide. In fact, you are the ones that have a lot to hide and to be ashamed of. Truth never changes or goes away. You can deny it or try to cover it up all you want. It all eventually comes out anyway.

I'm including more information from Sebastian's assessment, since we're not allowed to bring it up at trial. I'm giving you everything. We're not hiding anything. I'm not even telling the lawyer that I am doing this because apparently it ruins the game and hurts people's egos. I'm not interested in feeding anyone's ego or worried about hurting anyone's ego.

Sincerely,



Aracely Yates  
[aracely103@gmail.com](mailto:aracely103@gmail.com)



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# Two Men Sentenced in Connection With the Death of Haley Kemp

**Published:** Thursday, February 26th 2015, 4:06 pm CDT  
**Updated:** Thursday, February 26th 2015, 4:06 pm CDT

**Staff Report**  
*NewsWest 9*

MIDLAND – Two men have been sentenced to federal prison in connection with the death of 19-year-old Haley Kemp.

According to a press release sent to NewsWest 9, 53-year-old Robert Aiken was sentenced to 20 years behind bars and 28-year-old Christopher Snyder was sentenced to 12 years behind bars for their roles in Kemp's death.

As you may recall, back in November, Aiken pleaded guilty to one count of distribution of methamphetamine and heroin. Snyder pleaded guilty to the same charge on December 11, 2014. By pleading guilty, the defendants admitted that while at Aiken's residence on May 30, 2014, Aiken provided methamphetamine to both Kemp and Snyder and heroin to Snyder. According to court records, Haley Kemp died in the residence during the early morning hours of May 31, 2014, as a result of a heroin overdose. Both admitted to unsuccessfully attempting to revive

Kemp before dumping her body in a remote part of Midland County.

Following their release, they will be placed on supervised release for three years.

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Haley was sexually abused by her father. Sebastian sees her death as a cause of getting involved with the wrong kind of people (older men) who got her into drugs, which led to her death.

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**Sebastian Zapata ► Haley Kemp**

October 6, 2012 · 3 people

...

Hey, It's quite shocking to hear that you got in an wreck, but i'm even more shocked that you managed to live. I'm glad though that you did. I really hope you recover fast from your injuries and I'm wishing the best of luck for you. I love you Haley.

No likes yet

**Haley Kemp**

Thank you Zeb i am very amazed i survived too no one at the hospital expected me to be alive so I am very very lucky

5y

**Sebastian Zapata**

Wow, talk about a miracle.

5y



*Lawlis Peavey PsychoNeuroPlasticity Center*



**PSYCHOLOGY SUMMARY**

NAME: SEBASTIAN ZAPATA

**TEST ADMINISTERED:**

Individual Interview  
Enneagram Brief Form  
PsychEval Personality Questionnaire (PEPQ)  
Beck Depression Inventory-II (BDI-II)  
Beck Anxiety Inventory (BAI)  
Childhood Autism Rating Scale (CARS)  
Parent Interview

Positive strengths and qualities Sebastian sees in himself include he is tolerant, understanding, care free, disciplined, good sense of humor, good appetite, mature, adaptable, calm, and heterosexual.

**INDIVIDUAL INTERVIEW**

Sebastian Zapata is a kind-hearted 22 year male whom presented to the PNP Center to work on his focus and handling stress. Sebastian is an introvert that reports a love for video games and a disdain for partying and drugs, of which he reports never trying. He is academically capable, although his mother chose to have him repeat Kindergarten, primarily to help him catch up socially.

Sebastian is inverted and very concrete, but he has a strong desire to connect with people. He engaged well with staff members at PNP. He reported never participating in partying and never drinking alcohol or doing drugs. Sebastian presented himself as very competitive, not just in his favorite video games like Overwatch, but he really pushes himself and works hard if he is interested. Sebastian's determine presented during his PPA assessment at PNP when he was using the emWave2 HRV tool, as he persisted until he was able to level up.

During high school, by his senior year, he had become disinterested and he often stayed at home and did not attend classes. Ultimately, Sebastian was able to graduate, but only after taking a summer computer course to complete his studies. He expresses interest in college, but he has not figured out a specific college major or school that he would like attend.

In 2001, when Sebastian was five years old, his parents divorced. Sebastian describes a decent, but distant relationship with his biological father, Edgar. They have inconsistent contact to this day, but they do stay in touch. At the beginning of

2015, Sebastian moved to Austin, Texas, to live with his older brother, Kristian, where they shared an apartment. Sebastian reported some mutual respect between his brother and him, but he stated that currently they only connect with each other approximately once a week. Sebastian reported that he played a lot of video games at this time, and he had some good online friends. At the end of 2016, at 21 years old, Sebastian moved back home to Midland, Texas.

Sebastian has a close relationship with his mother, Aracely. Sebastian's mother remarried in 2013; she married Malcom Yates, a 35 year old petroleum engineer. Shortly after their marriage, due to work, they moved to Pittsburgh, PA then Denver, CO and now they are back in Midland, TX, near Sebastian. Sebastian lives with his mother approximately half of the time, and he lives with his friends, Isaac and Tom, the other portion of time.

He joined the Navy in 2017, and he went to Navy boot camp, but while there he contracted an acute respiratory infection, which also affected his sleep and energy level. He was unsuccessful and he returned home after one month. While back at home, Sebastian took a couple of weeks to continue healing from his respiratory infection, then he started part-time work as a server at a local restaurant.

Sebastian was arrested on February 23, 2018, for soliciting a minor online. Sebastian reported that he did not have many friends, and the friends he did have were mostly online video games. Several of his online video game friends live near Seattle, Washington. Sebastian said he was particularly interested in getting a girlfriend. He reports only having one past girlfriend, which he met online when he was a teenager. Sebastian tried to connect with females via Craigslist, and he stated that he misunderstood the situation that occurred at the end of February. Ultimately, he provided false information after he was coerced by law enforcement to admit to a series of similar behaviors. Sebastian had a public defender who did not seem interested in representing him, so Sebastian and his family hired an attorney, Thomas S. Morgan. Current legal proceedings are pending.

#### ENNEAGRAM BRIEF FORM

Sebastian identified the personality types of the Devil's Advocate, the Romantic, and the Mediator, as being the best fits for him.

The Devil's Advocate personality type is characterized by procrastinating, avoiding action, having high goals, experiencing anxiety peaks with success, and authority problems. This individual tends to be a skeptic, expressing doubt about everything. In addition, there is a tendency to scanning the world for clues to inner fear, looking for the worst outcome.

The Romantic personality type is characterized by being attracted to moods, disdaining ordinary life for the different, high fantasy life, dramatic, feelings of abandonment and loss, emotional sensitivity prone to depression and drama.

The Mediator personality type is characterized by comforting self with small pleasures, ambivalence about personal decisions in seeking what would be

considered by the group. Postponing change with repeating solutions. Can't say "no", control by being stubborn, sees all sides to problems, passive aggressive.

#### PEPQ RESULTS

At the present time, Mr. Zapata presents himself as more anxious than most people. This could either reflect a normal reaction to current circumstances or a characteristic style of being worried, reactive, or uneasy.

Mr. Zapata may not feel comfortable about his ability to meet challenges. Frustrations and problems may lead to discouragement and some emotional upset. He may find it difficult to trust other people until he knows them well. He tends to be alert for ulterior motives. This individual tends to worry and to doubt himself. He may be sensitive to criticism or take things personally.

Mr. Zapata's personality orientation is introverted. He may be more oriented toward the inner world of thought and ideas. Moreover, he may avoid activities involving extensive interaction with others. This individual is often reserved and may not show personal affection easily. He may consider the costs of extending himself for other people. His social interactions are likely to be serious or staid. He tends toward shyness and at times may be hesitant to express his views. Mr. Zapata tends to keep personal matters to himself. It may take others a while to get to know him well. Mr. Zapata tends to prefer meeting responsibilities or tackling problems on his own.

Mr. Zapata tends to be expedient and unrestrained. While he may be perceived as flexible, he may indulge in his own wishes and urges to the point that consideration for practicalities, for other people's needs, or for his own responsibilities is neglected. His social demeanor tends to be one of caution and restraint. This person tends to be expedient or have nonconventional values. His concern for established rules may be low. This individual tends to be preoccupied with ideas and abstracted thoughts. He may not give attention to practical considerations or to the pragmatic aspects of a situation. This individual seems to balance casualness and a tolerance for disorder with the need for organization and structure. He may function best in an unexacting, flexible setting rather than in a rigid system.

Mr. Zapata tends to balance toughness with sympathy, resoluteness with receptivity. He may at times adhere to his current way of thinking, while at other times he may be open to new approaches and experiences. This individual may maintain some distance in his relationships, or may give greater attention to aspects other than people and their feelings. He often gets absorbed in ideas and thought; pragmatic issues may be overlooked. He often sticks to traditional ideas and methods; however, he tries to remain open to some ideas of change.

Independence is average. Mr. Zapata's lifestyle is balanced between the need to exert his will and control his environment versus a willingness to accommodate others' wishes and adapt to his environment. This person is sometimes modest or hesitant in social arenas. This is a skeptical individual who is alert to other people's intentions and actions. This person shows some tendency to prefer traditional methods and viewpoints.

He reports a number of nonspecific somatic complaints. This may reflect a preoccupation with bodily dysfunctions, or the presence of some health issues. Mr. Zapata reports strong feelings that his life is empty and meaningless. He is not very energetic and is rarely likely to wake up full of energy. Mr. Zapata's experience often involves feelings of weariness, exhaustion, or emptiness.

Mr. Zapata is very self-critical. He tends to blame himself for everything that goes wrong. He experiences guilt feelings; this guilt may well be coupled with feelings of resentment and hostility. Mr. Zapata reports feeling alienated and withdrawn from others and may be avoiding interpersonal contact currently. His tendency to withdraw may be accompanied by a general feeling that relationships are too pointless to care about at all.

Mr. Zapata reports feelings of persecution and personal danger. He is likely to believe that others are mistreating him and/or trying to control him. Mr. Zapata reports experiencing obsessional thinking patterns. He may tend to ruminate about trivial things; recurring thoughts may run through his mind. It may be important to evaluate whether the obsessional thinking is also accompanied by repetitive habits.

Occupational Interests associated with Sebastian's personality include: Investigative, Artistic, and Realistic. See PEPQ print out for full details.

## BDI-II RESULTS

Sebastian completed a Beck Depression Inventory-II. The BDI-II is a screening device for depression. His responses indicate that he is currently experiencing "Mild" depression.

## BAI RESULTS

Sebastian completed a Beck Anxiety Inventory. The BAI is a screening device for anxiety. His responses indicate that he is currently experiencing "Mild" anxiety.

## RECOMMENDATIONS

- To address QEEG findings of Multifocal Epileptiform Activity through Brain Health:
  - Work with a neurologist specializing in pre-seizure and epileptiform activity to address the significant QEEG challenge pattern of multifocal epileptiform activity.
  - Participate in neurofeedback training to reregulate epileptiform activity and the other dysregulated brain patterns. Visit [www.bcia.com](http://www.bcia.com) for a provider with BCN designation.
  - Follow a Ketogenic or Modified Ketogenic. This diet is a special high in healthy fats, low-carbohydrate diet that helps to control seizures in some people with epilepsy.
    - Keto meal plan example: <https://bit.ly/2iqxfez>
  - Establish a regular abdominal breath pattern of 6-10 BPM to help calm neuro-irritability.

- Supplement with Omega 3 fatty acids of 2.1-4.0 gr/day. Pharmacy grade omega 3 including: Metagenics, Nordic Naturals, and Cooper Complete.
  - Advise physicians to not prescribe you medications which may lower seizure threshold.
  - Avoid foods & drinks containing aspartame and monosodium glutamate.
  - Drink plenty of water each day. Rule of thumb is water intake equaling half one's weight in ounces,
  - Sufficient sleep each night with a minimum of 7.5 hours.
- Your depression has a genetic basis as a predominant factor. The results of your MTHFR (see Medical section) indicate need to supplementation of methylated folic acid to improve production of neurotransmitters related to mood management; those of serotonin, norepinephrine, and dopamine. A nutritional supplement meeting the basic criteria is Xymogen's Methyl Protect.
- Complete the protocols given in the Medical Section of the Final Report to address gastrointestinal imbalances and Omega 3 insufficiencies. Successful completion of such a program will likely have a beneficial impact upon your overall physiological, cognitive, and psychological functioning.
- Participate in social skills training.
- Work on your Social skills:
  - Practice abdominal breathing \*while\* listening.
  - If you feel stuck in a conversation, say "tell me more about that."
  - Read *What Do You Say After You Say Hello?* By Eric Berne, MD.
  - Work with a Life Coach to provide guidance and direction.
  - Pursue purpose daily:
    - Listen to music every day.
    - Spend time socializing with friends in person.
    - Connect with a social group that expands your horizons or shares a hobby you enjoy.
- Work on Independent Living Skills:
  - Do laundry every week.
  - Get groceries.
  - Participate in healthy meal preparation.
  - The 7 Habits of Highly Effective Teens, although in your early twenties this book contains excellent strategies to build off
- Establish and maintain a daily routine:
  - Waking:
    - Obtain adequate sleep each night of 7.5-9.0 hours
    - Upbeat or up-tempo music such as CD-II Unity and Joy
    - Practice daily with your BAUD
  - Routine daily hygiene: shower, brush teeth, comb hair, deodorant
  - Routine cleanliness of your house: wash dishes daily, take out trash at least 3 times per week, be sure to wipe counters daily with sanitizing wipes, sweep floors and vacuum once per week or as need, dust surfaces to reduce allergens.

- 3 healthy meals daily with 2 healthy snacks:
  - Increase healthy fats such as avocados, walnuts, salmon
  - Increase foods containing omega 3 fatty acids
  - Drink sufficient water daily. Rule of thumb is half one's weight in ounces
- Daily Exercise in the morning to help stimulate your brain:
  - Decrease time online and participate in activities that engage your senses, like going for a walk or riding a bike.
  - Light physical activity such as yoga, or tai chi for 20-60 minutes
  - Be barefoot outside in the grass, sand, dirt, or mud daily to help yourself be grounded
- Sleep:
  - Dim lights and turn off phone and computer at least 2 hours before bedtime, preferable bedtime would be 10PM
  - Practice with the BAUD on the "C" setting for calm before bed
  - Listen to Breathing Meditation CD once a day to help with relaxation for at least 40 days
  - Listen to CD-I Heart Rhythm

## CARS RESULTS

Results indicate that Sebastian is in the *Mildly-Autistic* range based on the rating scale. He scored high (3 out of 4) on two scales: "Moderately Abnormal" use of, and response to, taste, smell, and touch and "Moderately Abnormal" listening response. Sebastian has a sensitivity to anything with a dairy texture, such as milk and cheese, and his response to sounds varied, occasionally he was slow to respond to questions or instructions.

## PARENT INTERVIEW

Sebastian's mother, Aracely, presented to the PNP Center with her youngest son, Sebastian, to assist with collecting developmental history and to assist in treatment planning. Aracely Yates is a personable woman with a Master's degree and works as a linguist contract worker. She and Sebastian's father, Edgar Zapata, married young, and they divorced when Sebastian was five years old. They also had one older son together, Kristian, who is twenty-four years old.

Aracely reported that she has wondered since Sebastian was young if he was on the Autism Spectrum from what she has read. However, he has always performed well academically and his teachers never suggested she take Sebastian for formal assessment. Aracely has a close friend who worked in special education perform an unofficial assessment of Sebastian, and she was convinced that he was not on the Autism Spectrum, specifically because he performed so well academically.

Ms. Yates stated that she had wanted to have Sebastian come to the PNP Center approximately three years ago, and initially Sebastian had agreed, but she believes he was persuaded by other family members not to go at that time because they deemed it was too expensive. Ms. Yates stated that Sebastian has always struggled

with disorganization and sustained focus, and these struggles are a major reason she had wanted him to come to PNP.

Aracely became emotional at several times during the interview. She relayed that Sebastian was already scheduled for his PNP appointment, and in the time leading up to his appointment, Sebastian encountered legal trouble. Aracely explained that there were ongoing legal proceedings taking place, Sebastian had naively acted and the family was in the process of getting him a good attorney. His pending legal charges from the end of February stymied from soliciting a minor online.

#### RECOMMENDATIONS

- Continue to provide the love and support you have been providing throughout Sebastian's life.
- Stay focused on Sebastian's strengths and appreciate the things he does well.
- Be available to discuss Sebastian's goals for the future with him and provide a sounding board if he wishes to discuss and evaluate options.
- Make a special effort to respect Sebastian's stated wishes in terms of his boundaries. Do not automatically do things for him that he is capable of doing himself.
- Practice good mental habits
  - Avoid guilt – notice your feelings without judgement
  - Notice the positive moments in each day
  - Gather strength from others through support groups and friends
  - Focus on spending time with other family members and doing things you enjoy
  - Practice relaxation exercises and slow abdominal breathing



## Cognitive Testing

### Identifying Information

EXAMINEE:	Sebastian Zapata	EXAMINER:	Benjamin Sperling, MS, LPC-S
EXAMINEE ID:	SZ0827		Andrew Bindewald, MA, LPC
EDUCATION:	HS Graduate	ETHNICITY:	Hispanic
DATE OF BIRTH:	8/27/1995	TESTING DATE:	5/16-5/17/2018
AGE:	22 years old	GENDER:	Male

### Tests Administered

Bender Visual-Motor Gestalt Test, 2<sup>nd</sup> Edition (BVMGT-2<sup>nd</sup> Edition)

Wechsler Adult Intelligence Scale, 4<sup>th</sup> Edition (WAIS-IV)

Woodcock-Johnson Tests of Achievement, 3<sup>rd</sup> Edition (WJ-III)

Test of Variables of Attention (TOVA)

### Reason for Referral

Sebastian reports a history of ADD, inattention, challenges with organization, social awkwardness, challenges with maintaining employment, legal troubles, depression, and communication issues. Sebastian's goal following this evaluation is to determine correct diagnosis, maintain employment, have a career goal, improve communication and social skills.

In reviewing the previous records provided, it appears that Sebastian has not participated in a comprehensive examination. Thus, he was referred for a psychophysiological, cognitive, and psychological evaluation for the purpose of assessing his level of intellectual, sensory-motor, physiological, neuropsychological, and emotional functioning in order to obtain data for assistance in diagnosis as well as to determine if there were any factors that might significantly impact his cognitive, behavioral, and emotional functioning.

### Behavioral Observations

Sebastian is a 22-year-old male. He arrived on time for testing at the PNP Center in Lewisville, Texas. He was casually dressed and well kempt. He appeared to be average in height and at his appropriate weight. Although not formally assessed, his posture and gait appeared normal. English is his dominant language. His speech was normal with regard to rate, volume, tone, articulation, progression and content and his level of conversational proficiency appeared normal. During testing, Sebastian interacted with the examiner with positive regard. There was no obvious evidence of any hearing or vision problems. Throughout the assessment process, Sebastian maintained appropriate affect and mood with little variation. He was cooperative in attempting all tasks with commendable effort and responded promptly to questions he knew.

Overall, Sebastian appeared to put forth adequate effort throughout this testing process and, as such, results are thought to be an accurate reflection of his level of cognitive functioning on the day of testing. However, it is important to note that current results from his medical testing indicated that Sebastian has gastrointestinal

imbalances, MTHFR genetic mutation, and omega 3 insufficiencies. Furthermore, QEEG assessment indicated some dysfunctional brainwave activity patterns that also could have underestimated the following results. QEEG findings showed *sharp and slow paroxysmal activity*. This activity was evaluated by a neurologist and deemed to be epileptiform in nature (see additional report). This activity is likely causing moments during which no information is perceived or processed with associated difficulties of verbal expression, emotional expression, judgment, working memory, coordination in the legs, cognitive processing, and vision. As well, *vertex activity* which is related to "brain-looping" or getting stuck on a thought or behavior; a *prominent mu rhythm of alpha* which has been associated with learning problems; *alpha intrusion in the temporal lobes* which may be associated with difficulties in auditory processing and memory; *posterior slowing* which may be related to learning disabilities or difficulty with integration of other information; and *diffuse slowing* which can be related to cognitive slowing or "brain fog" were found on his QEEG; see *QEEG report for further details*. These factors or conditions may have negatively affected his results. Thus, current assessment findings may underestimate Sebastian's actual intellectual and cognitive capabilities.

#### Table Summaries of Test Findings

##### Wechsler Adult Intelligence Scale, 4th Edition (WAIS-IV)

###### **WAIS-IV Index Scores Summary**

Scale	Composite Standard Score	Percentile Rank	95% Conf. Interval	Qualitative Description
Verbal Comprehension (VCI)	102	55	96-108	Average
Perceptual Reasoning (PRI)	115	84	108-120	High Average
Working Memory (WMI)	86	18	80-94	Low Average
Processing Speed (PSI)	114	82	104-121	High Average
Full Scale (FSIQ)	106	66	102-110	Average

###### **WAIS-IV Subtest Scaled Scores**

Verbal Comprehension Subtests		Perceptual Reasoning Subtests	
Similarities	9	Block Design	14
Vocabulary	13	Matrix Reasoning	12
Information	9	Visual Puzzles	12
Working Memory Subtests		Processing Speed Subtests	
Digit Span	7	Symbol Search	13
Arithmetic	8	Coding	12

### Woodcock Johnson-III Tests of Achievement

Individual Subtest	Age Equivalency	Percentile Ranking	Standard Score	Grade Equivalency
Letter-Word Identification	17-5	31	92	12.7
Reading Fluency	22	50	100	14.1
Story Recall	>21	51	100	12.9
Understanding Directions	14-8	32	93	10.4
Calculation	13-7	16	85	8.0
Math Fluency	18-6	41	97	12.9
Spelling	19	36	95	13.0
Writing Fluency	8-8	3	72	3.3
Passage Comprehension	15-3	33	94	10.1
Applied Problems	15-6	31	93	11.4
Writing Samples	20	48	99	13.0
Story Recall-Delayed	>21	52	101	13.0
Cluster/Test	Age Equivalency	Percentile Ranking	Standard Score	Grade Equivalency
Oral Language	15-3	34	94	11.0
Pre-Academic	17-5	29	92	12.9
Total Achievement	16-2	29	92	10.9
Broad Reading	19	42	97	13.1
Broad Math	15-3	25	90	10.2
Broad Written Language	12-8	10	81	7.0
Math Calculation skills	15-1	23	89	9.6
Written Expression	10-0	6	76	4.5
Academic Skills	16-8	27	91	11.6
Academic Fluency	15-11	25	90	10.5
Academic Application	16-0	32	93	11.2

### BVMGT-2<sup>nd</sup> Edition Results

The **BVMGT-2<sup>nd</sup> Edition** was administered to Sebastian as a part of his Behavioral Vision screening. The BVMGT-2<sup>nd</sup> Edition is a series of figures, which are presented to the client one at a time; the client is asked to copy the designs on a blank sheet of paper. The perception and reproduction of the Gestalt figures are determined by biological principles of sensory motor action. The competence of the copy varies depending on: (a) the growth pattern and maturation level of an individual and; (b) the individual's psychological state (either functionally or organically induced). Overall, results from Sebastian's BVMGT-2<sup>nd</sup> Edition performance were indicative of visual-perceptive difficulties, and a Behavioral Vision challenge is suspected. Further investigation by a qualified optometrist is warranted.

### Cognitive Functioning: WAIS-IV Results

#### **General Intellectual Ability**

Sebastian was administered 10 subtests of the Wechsler Adult Intelligence Scale-Fourth Edition (WAIS-IV). His composite scores are derived from these

subtest scores. The Full-Scale IQ (FSIQ) composite score is derived from 10 subtest scores and is considered the most representative estimate of global intellectual functioning. Sebastian's general cognitive ability is within the "Average" range of intellectual functioning, as measured by the FSIQ. His overall thinking and reasoning abilities exceed those of approximately 66% of individuals his age (FSIQ = 106; 95% confidence interval = 102-110). He performed much better on nonverbal than on verbal reasoning tasks. Such differences in performance, however, are not especially unusual among his peers in general.

### **Verbal Comprehension Abilities**

Sebastian's verbal reasoning abilities as measured by the Verbal Comprehension Index (VCI) are in the "Average" range and above those of approximately 55% of his peers (VCI = 102; 95% confidence interval = 96-108). The VCI is designed to measure verbal reasoning and concept formation. Sebastian's performance on the verbal subtests contributing to the VCI presents a diverse set of verbal abilities, as he performed much better on some verbal tasks than others. The degree of variability is unusual and may be noticeable to those who know him well. Examination of Sebastian's performance on individual subtests provides additional information regarding his specific verbal abilities.

Sebastian achieved his best performance among the verbal reasoning tasks on the Vocabulary subtest. His strong performance on the Vocabulary subtest was better than that of most of his peers.

The Vocabulary subtest required Sebastian to explain the meaning of words presented in isolation. As a direct assessment of word knowledge, the subtest is one indication of his overall verbal comprehension. Performance on this subtest also requires abilities to verbalize meaningful concepts as well as to retrieve information from long-term memory (Vocabulary scaled score = 13).

### **Perceptual Reasoning Abilities**

Sebastian's nonverbal reasoning abilities as measured by the Perceptual Reasoning Index (PRI) are in the "High Average" range and above those of approximately 84% of his peers (PRI = 115; 95% confidence interval = 108-120). The PRI is designed to measure fluid reasoning in the perceptual domain with tasks that assess nonverbal concept formation, visual perception and organization, visual-motor coordination, learning, and the ability to separate figure and ground in visual stimuli. Sebastian presents a diverse set of nonverbal abilities, performing much better on some nonverbal tasks than others. The degree of variability is unusual for individuals his age and may be noticeable to those who know him well.

Sebastian's performance was significantly better on the Block Design subtest than his own mean score. Furthermore, he performed better than most of his peers, thus demonstrating strong abilities on the Block Design subtest.

The Block Design subtest required Sebastian to use two-color cubes to construct replicas of two-dimensional, geometric patterns. This subtest assesses nonverbal fluid reasoning and the ability to mentally organize visual information. More specifically, this subtest assesses his ability to analyze part-whole relationships when information is presented spatially. Performance on this task also may be influenced by visual-spatial perception and visual perception-fine motor coordination, as well as planning ability (Block Design scaled score = 14).

### **Working Memory Abilities**

Sebastian's ability to sustain attention, concentrate, and exert mental control is in the "Low Average" range. He performed better than approximately 18% of his peers in this area (Working Memory Index (WMI) = 86; 95% confidence interval 80-94).

Sebastian's abilities to sustain attention, concentrate, and exert mental control are a weakness relative to his nonverbal and verbal reasoning abilities. A weakness in mental control may make the processing of complex information more time-consuming for Sebastian, draining his mental energies more quickly as compared to others at his level of ability, and perhaps result in more frequent errors on a variety of learning or complex work tasks.

### **Processing Speed Abilities**

Sebastian's ability in processing simple or routine visual material without making errors is in the "High Average" range when compared to his peers. He performed better than approximately 82% of his peers on the processing speed tasks (Processing Speed Index [PSI] = 114; 95% confidence interval 104-121).

### **WAIS-IV Summary**

Sebastian is a 22-year-old male who completed the WAIS-IV. His general cognitive ability, as estimated by the WAIS-IV, is in the "Average" range (FSIQ = 106). Sebastian's general verbal comprehension abilities were in the "Average" range (VCI = 102), and his general perceptual reasoning abilities were in the "High Average" range (PRI = 115). Sebastian's ability to sustain attention, concentrate, and exert mental control is in the "Low Average" range (WMI = 86). Sebastian's ability in processing simple or routine visual material without making errors is in the "High Average" range when compared to his peers (PSI = 114).

### **Academic Functioning: WJ-III Results**

Sebastian was administered twelve subtests of the WJ-III Tests of Achievement to assess his academic strengths and/or challenges. Sebastian obtained his best performance on the Story Recall-Delayed subtest which was within the "Average" range and commensurate to that anticipated from his current estimate of intellectual abilities (e.g., FSIQ on WAIS-IV = 106; "Average"). His achievement level on the Letter-Word Identification, Reading Fluency, Story Recall, Understanding Directions, Math Fluency, Spelling, Passage Comprehension, Applied Problems, and Writing Samples subtests were slightly lower than expected given his intellectual abilities. Sebastian's achievement level on the Calculation and Writing Fluency subtests were significantly lower than expected given his FSIQ on the WAIS-IV.

### **WJ-III Summary**

Sebastian's English Oral Language Skills were "Average" when compared to others at his age level. His Academic Skills were "Average." His overall Level of Achievement was "Average." Sebastian's fluency with Academic Tasks and his ability to apply Academic Skills were both within the "Average" range.

When compared to others at his age level, Sebastian's Performance was "Average" in Broad Reading and Mathematics; "Low Average" in Math Calculation Skills and Written Language; and "Low" in Written Expression. No discrepancies were found among Sebastian's achievement areas.

In reviewing Sebastian's overall WJ-III individual subtest profile, he achieved below expectations given his estimate of intellectual abilities (i.e., FSIQ). More specifically, he achieved under his cognitive capacities on eleven of the twelve individual subtests administered. Results of Sebastian's academic and intellectual performance have determined that he currently meets the criteria for several Learning Disorders. Sebastian falls under **Diagnostic and Statistical Manual of Mental Disorders - Fifth Edition (DSM-5: F81.81) Specific Learning Disability with Impairment in Written Expression**. Sebastian is therefore entitled to appropriate academic support services under federal law to allow for more time when completing assignments and tests.

### **Test of Variables of Attention – Visual and Auditory (TOVA)**

The TOVA is a computerized continuous performance test for attentional abilities related to both Visual and Auditory stimuli. Summary of the TOVA results indicate both Visual and Auditory portions were "within normal limits". (See separate TOVA report following this document.)

### **COGNITIVE SUMMARY**

Sebastian is an intelligent and positive individual. He presented strengths throughout his cognitive assessment, particularly with Perceptual Reasoning (PRI=115) and Processing Speed (PSI=114) both of which were in the "High Average" range. Additionally, Sebastian performed in the "Average" range on Verbal Comprehension (VCI=102), a measure of his crystallized knowledge. Additional strengths were noted from Sebastian's TOVA test of visual and auditory attention both being "within normal limits". To this end, Sebastian has the capability to maintain sustained attention to both Visual and Auditory stimuli. Also, on his WJ-III measures for academic achievement he scored in the "Average" range on Broad Reading, Broad Math, and Broad Written Language indicating that Sebastian is working to his grade level equivalent.

The one area of noted challenge for Sebastian was with his Working Memory (WMI=86) subscale of his WAIS-IV. Working Memory is a measure of auditory skills of receiving, holding in memory, and then responding. Integrating the results of his QEEG finds the presence of multifocal sharp waves, deemed by a neurologist to be *epileptiform* in nature, were present in the mid frontal, right frontopolar, right frontal, mid central, left anterior temporal, and mid parietal brain regions can in part explain the challenge with Working Memory; as well as *alpha intrusion into the temporal lobes* (see J. Walker, MD, Neurologist report and QEEG report).

### **SUMMARY REPORT**

#### **From the results of the WAIS-IV, WJ-III, BVMGT-2<sup>nd</sup> Edition, TOVA and clinical observations Sebastian's strengths include:**

1. Perceptual Reasoning (PRI) is in the "High Average" range.
2. Processing Speed (PSI) is in the "High Average" range.
3. Verbal Comprehension (VCI) is in the "Average" range.
4. Broad Reading is in the "Average" range.
5. Broad Math is in the "Average" range.
6. Visual and auditory continuous performance attentional strengths.

7. Participation behavior is very pleasant and cooperative.
8. Possesses and displays desire to perform well.

**Sebastian's challenges include:**

1. Working Memory (WMI) is in the "Low Average" range.
2. Broad Written Language is in the "Low Average" range.
3. Gastrointestinal imbalances.
4. Omega 3 insufficiencies.
5. MTHFR Mutation.
6. Possible Behavioral Vision challenge.
7. Dysregulated brainwave patterns; see QEEG report for details.

**The overall findings of Sebastian's intelligence testing:**

1. General intellectual abilities (FSIQ) are within the "Average" range (WAIS-IV).
2. Level of academic achievement is within the "Average" range (WJ-III).
3. Visual and auditory continuous performance attentional strengths (TOVA).
4. Specific Learning Disability with Impairment in Written Expression

**RECOMMENDATIONS:**

Given the above-mentioned findings, the following General Recommendations can be made:

1. Brain Health to address QEEG finding of *multifocal epileptiform activity*:
  - o Work with a neurologist specializing in pre-seizure and epileptiform activity to address the significant QEEG challenge pattern of multifocal epileptiform activity.
  - o Participate in neurofeedback training to reregulate epileptiform activity and the other dysregulated brain patterns. Visit [www.bcia.com](http://www.bcia.com) for a provider with BCN designation.
  - o Follow a Ketogenic or Modified Ketogenic. This diet is a special high in healthy fats, low-carbohydrate diet that helps to control seizures in some people with epilepsy.
  - o Meal plan: <https://www.dietdoctor.com/low-carb/keto/diet-plan>
  - o Establish a regular abdominal breath pattern of 6-10 BPM to help calm neuro-irritability.
  - o Supplement with Omega 3 fatty acids of 2.1-4.0 gr/day. Pharmacy grade omega 3 including: Metagenics, Nordic Naturals, and Cooper Complete.
  - o Avoid foods & drinks containing aspartame and monosodium glutamate.
  - o Drink plenty of water each day. Rule of thumb is water intake equaling half one's weight in ounces,
  - o Sufficient sleep each night with a minimum of 7.5 hours.
  - o Advise physicians to not prescribe you medications which may lower seizure threshold.
2. Evaluation by a qualified Behavioral Vision (BV) specialist to determine specific visual-perceptual and/or visual-motor challenges and remediation strategies. Visit [www.oepf.org](http://www.oepf.org) to find a provider near you.

3. Qualifies for a Specific Learning Disability with Impairment in Written Expression (DSM 5: f81.81) and is therefore entitled to academic services under Federal Law.
4. Complete the protocols given in the Medical Section of the Final Report to address gastrointestinal imbalances, MTHFR genetic mutation, and Omega 3 insufficiencies. Successful completion of such a program will likely have a beneficial impact upon your overall physiological, cognitive, and psychological functioning.
5. Participate in peripheral Biofeedback therapy (including Heart Rate Variability training) to learn proper stress coping techniques as well as to address any anxiety issues.
6. Participation in EEG-Biofeedback or Neurotherapy is warranted to address the significant patterns noted on your QEEG assessment (see QEEG report for detailed Recommendations).
7. Following EEG-Biofeedback treatment, you would likely benefit from a therapeutic intervention to help you further develop positive coping skills as well as to help you non-verbally process your feelings.
8. Practice abdominal breathing in stressful situations in order to enable you to perform to the highest of your capabilities. Consider using the emWave while engaging in stressful situations in order to help train yourself to habitually breath in a deep, consistent manner.
9. Explore cognitive exercises to strengthen abilities such as working memory and processing speed. The brain is flexible and can strengthen like a muscle with proper exercise. There are many fun activities on the internet that can help your brain exercise in the areas needing to be strengthened. One potential resource is [www.Lumosity.com](http://www.Lumosity.com)
10. Read Dr Frank Lawlis' book *Retraining the Brain*.
11. Eating meals with high "good fat" content such as avocados, nuts, salmon, tuna, chicken, and beans can provide nutritional support to your brain which thrives on this kind of fat to function well. Plenty of protein, water, fruits and vegetables are helpful as well.
12. Participate in physical exercise-related activities, which have been proven beneficial in the management of anxiety symptoms and improvement in cognitive functioning.
13. Chew gum with Xylitol [www.epicdental.com](http://www.epicdental.com) to help with attention and focus.
14. Listen to PNP CD-II at least once a day to help integrate function among various areas of the brain.